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INTERNET ADDICTION STUDY OF YOUNGSTERS

The article presents the results of theoretical and empirical research of student Internet addiction. The scientific literature on online testing has been analyzed and the possible difficulties and advantages in the work have been pointed out. The types and features of Internet addiction, factors, and consequences of Internet addiction of youth have been determined. An empirical study was conducted to detect uncontrolled use of the Internet and assess the symptoms of addiction (Young's Internet Addiction Test).

Key word: internet; addiction; internet psychology; youngster's addiction; internet use.

Introduction.

Scientific and technological progress is an indicator of the level of modern society development. The improvement of telecommunication technologies inevitably makes changes in the social life of people, influencing the legal, ethical laws and rules of conduct. They are those components of culture, without which the full life of any society is impossible.

Modern society is increasingly gaining the features of information. Information is becoming one of the main strategic resources of states on a par with material, energy and electronic. Therefore, in a broad socio-cultural context, such phenomena are considered today, such as: information space, information resources, information culture of the individual, information competence of the specialist and so on.

The Internet offers a unique environment that has no analogue in the real world. In the case of Internet addiction, most of the benefits that the Internet brings to people's lives have turned to problems. Easy access to huge repositories of information, simplified search procedure - all this is a help for students, scientists, police, and ordinary citizens. However, this has become a kind of painful attachment to the Internet. The search for something new is endless and threatens information overload - a situation where a person cannot calmly accept even the necessary information.

The problem of computer addiction is being studied by doctors, sociologists, educators, and psychologists. For the first time the problem of Internet addiction began to be studied by foreign researchers: S. Bernstein, I. Goldberg, M. Griffiths, O. Dubrovina, S. King, B. Mandel, T. Bogacheva, F. Saglam, J. Suler, K. Young. In Ukraine, the phenomenon of

Internet addiction, features of diagnosis, prevention and correction were studied by T. Bolbot, T. Vakulich, T. Karabin, V. Posokhova, L. Yuryeva and others. At the same time, the study of socio-pedagogical aspects of Internet addiction prevention was insufficient, which gives grounds for further research in this direction.

Purpose.

The purpose of the study is to carry out a theoretical analysis of internet addiction problem and summarize the results of an experimental study to determine Internet addiction in the youth environment.

Methods:

Overall, 50 students aged between 17 and 20 from Mukachevo state university participated in the study. Theoretical analysis of the literature and summarizing were used at the first stage of the research work. Among developed number of test methods that are to determine the presence of pathological dependence of the user on the Internet we have collected the data on the Internet Addiction Test and questionnaire "Your leisure".

Originality.

Internet addiction is based on the use of the Internet as a means of satisfying one's own needs that cannot be met in real life.

Traditionally, dependencies (addictions) are divided into chemical and non-chemical. Chemical addictions include alcoholism, drug addiction, smoking, and substance abuse. Non-chemical includes food addiction, workaholism, shopping, gambling (addiction), love (sexual) addiction and computer addiction (addiction to online / offline computer games, excessive Internet addiction), social networks, virtual dating without the desire to translate them into reality, obsessive surfing (travel online, search for information)), etc. Researchers around the

world are sounding the alarm about the deepening problem of Internet addiction among young people, as the main danger is that a pathological addiction to the Internet can lead to serious consequences and depression.

Both adults and children are fascinated by the World Wide Web and spend hours in social networks and chats, which have replaced their live communication with family and friends, in online games, some of which simply break the human psyche with their cruelty. Some even admit that they cannot live a day without watching news or information from social networks, and at the same time they really feel on a physical level that some invisible force is attracted to the computer.

A person living in a virtual world does not actually control himself, he loses his freedom, his freedom of choice. If there is a situation when there is no access to the Internet, chronic addiction is manifested in a change in human behavior - it becomes restless, aggressive, feels a kind of "breaking", characteristic of alcohol or drug addiction.

The problem is not only in mental disorders and general deterioration of human health, because most of the free time instead of walking, sports, or creativity, she prefers to "hang" on various sites. The problem is much bigger, because social relations are being destroyed, the main social link in society is the family. Internet addicts find it difficult to adapt in society, because they get used to live communication with people.

The first term "internet addiction" was coined by the American psychiatrist Goldberg to describe the insurmountable urge to use the Internet: it is an obsessive desire to go online offline and not the ability to go online [1]. According to him, the basis of Internet addiction is behavior with a reduced level of self-control, which threatens to displace real life and replace it with virtual. People who have any kind of psychological problems plunge into the unreal world of dreams and fantasies with special ease. After all, finding friends or becoming a superhero is much easier in the online world than in the real world.

Internet addiction is a psychological phenomenon, which consists in the fact that a person has an obsessive desire to be constantly on the World Wide Web [10]. More accurate is the definition of Drape, who considers Internet addiction as a kind of technological addictions, which are manifested by the shift of personal

goals into virtual reality to fill the frustrated areas of real life [2, 34].

Scientist M. Ginzburg, along with the concept of Internet addiction, uses the term "pathological computer use". This concept is considered in a broader context, and Internet addiction - as one of its types, the specificity of which is to use a computer to establish social interaction [3].

The researchers Korniienko, Barchi [5] showed that some people become so attached to their devices that they experience high anxiety when they are not with them. It was revealed that the level of social anxiety and smartphone addiction scales were positively correlated.

Durkee et al. [4] conducted a study on 12,000 adolescents from 11 countries in Europe, according to which the prevalence of high addiction on the internet averages 4.4%, while Tsitsika et al. [8] survey on a sample of 13,248 European adolescents categorizes 1.2% of adolescents in a group of highly addicted.

Recently, a lot of attention has been paid to this problem abroad. With the advent of new technologies, new kinds of dependencies are emerging. Thus, the American scientist Kimberly Young currently identifies five main types of Internet addiction [9]:

1. computer addiction: obsessive passion for computer work (programming, games, or other activities).
2. compulsive network navigation (net compulsions): compulsive search for information in remote databases.
3. information overload: pathological tendency to Internet-mediated gambling, online auctions, e-purchases.
4. cybersexual addiction: addiction to "cybersex", ie visiting pornographic sites, discussing sexual topics in chats or closed groups "for adults".
5. cyber-relational addiction: dependence on communication on social networks, forums, chats, group games and teleconferences, which can lead to the replacement of real family members and friends with virtual ones.

In many ways, it is difficult to discuss any aspect of contemporary society without considering the Internet. Our lives are saturated so thoroughly with digital technology that the once obvious distinction between either being online or offline now fails to do justice to a situation where the Internet is implicitly always on. Indeed, it is often observed that younger generations are unable to

talk about the Internet as a discrete entity. The researchers highlight the idea why learning might be encouraged by interactive systems with the help of internet and prove the positive influence of VR tools on student learning and engagement [6].

And although internet addiction is not included in the list of psycho-somatic diseases, but there are some psychological and physical factors that characterize people who are addicted to internet: an obsessive desire to check e-mail, constant waiting for the next Internet connection, many hours of "hanging" on the Internet and spending a lot of money on it, the feeling of online communication borders on euphoria, lack of access to it causes anxiety, aggression, irritation during forced distractions, inability to plan the time of the end of the session online, forgetting about household chores, training or work obligations, language, important personal and business meetings, unwillingness to accept criticism of this way of life, willingness to accept the destruction of the family, inability to adapt normally in society, loss of live communication, neglect of one's own health, avoidance of physical activity,

irregular diet, skipping meals, neglect of personal hygiene, attempts to refuse benefits from the Internet or at least spend less time in it cause "breaking", as in any physical illness, feeling worse, the impression of the nerve trunks of the hand due to prolonged muscle strain, numbness of the fingers holding the "mouse", dryness and tingling eyes, migraine headaches, cerebrovascular spasms, hypertension, back pain and all over the body, because blood circulation is disturbed, sleep disorders, changes in sleep patterns, frequent depression.

In the experimental part of our work, we decided to test the presence of types of Internet addiction of students in comparison between a group of boys and girls. The experimental basis of our study is the psychological service of Mukachevo State University. The study involved 50 students majoring in humanities.

A Young's Internet Addiction Test was conducted to detect uncontrolled Internet use and assess the symptoms of addiction.

Determined indicators of the spread of Internet use among students using the test for Internet addiction are presented in Table 1.

Table 1

Indicators of Internet use among students

Range of points	Number of students	%
0-30	11	22
31-49	18	36
50-79	17	34
80-100	4	8

4 respondents who excessively used the Internet were identified. A slight degree of Internet dependence was found in 18 respondents (36%); the number of moderate users was noted by 18 (36%) students. The number of students who used the Internet the least was 11 (22%).

The study found that excessive use of the Internet affected the lives of students as negatively, namely the emotional state, hyperactivity, behavior, relationships with peers, and positively - on prosocial behavior. Among the 6 excessive Internet users, 4 students had problems with emotional state, 1 - with behavior, 3 had hyperactivity, 3 students had problems with peers and 5 in the category of prosocial behavior the level of complexity of problems was closer to average. This means

that excessive use of the Internet has a negative impact on students' lives. Thus, students who had problems caused by excessive Internet use were more likely to be classified as Internet addicts than students who did not have problems. However, this study found that problems with emotions, behavior, hyperactivity, peer problems, and prosocial behavior were linked to excessive Internet use.

At the next stage of the empirical study, we conducted a survey "Your leisure" in order to obtain information about the intentions of students to spend their free time, ie what kind of recreation is preferred by student youth.

Students were asked to choose which leisure option they prefer. The results of the survey were presented in the diagram in Figure 1.

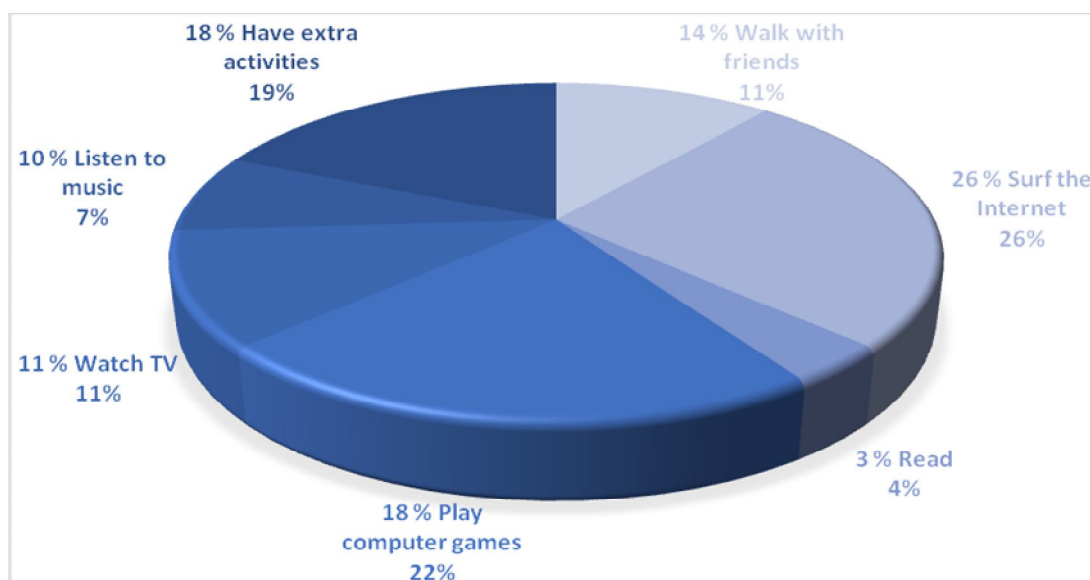


Figure 1. Data diagram "Your leisure"

From the data obtained (Fig. 1), we see that during leisure time, most young people prefer the Internet and computer games (48.3%), and only 3.7% prefer to read a book. 18.5% of students chose watching TV and listening to music as leisure activities, probably because they do not know how to organize their leisure time and do not have stable interests. 18.5% of students have found a job of interest and attend a circle or section. 11% of students prefer to communicate and walk with friends. This suggests that computerized leisure is displacing leisure activities such as socializing with peers, reading books, and attending clubs and sections.

The results of our research show that it is in adolescence that individuals begin to "look for themselves", and most often, unfortunately, fall into the trap of dependence on virtual Internet reality. After all, it is at this age that parental control begins to weaken, and one's own experience is still lacking; self-esteem develops and a person becomes a person, so there may be disputes with others. Young people do not know how to properly organize their leisure time. That is why students can seek solace on the Internet. They use time on the Internet in small doses, often just wandering sites or playing games, and excessive computer use, and abuse of the Internet can contribute to the formation of a stable dependence on virtual reality. Such young people need special attention of adults, specialists, relatives.

Our study had the following disadvantages: small sample size; economic status, family relationships, time spent on the Internet, access to the Internet - also affect the development of Internet addiction, which

should be included to evaluate the results of future research. Nor can the short- and long-term impact of Internet use on students be assessed.

Internet addiction is a personal characteristic as a set of cognitive, emotional, and physiological disorders that manifest themselves in behavior, indicating that the individual has no control over the use of the Internet, he is unable to stop this process, continues to be in virtual information environment, despite the negative consequences. The main factors of Internet-dependent behavior are divided into: psychological (because psychological stability protects the individual from disintegration and personality disorders, is the basis of inner harmony, full mental health, the decrease in psychological stability leads to disintegration of personality, disruption of behavior and activity, disintegration life values, motives, goals, which increases the risk of addiction, socio-psychological (powerful expansion of communication boundaries of the individual; ease of finding like-minded and emotionally close people, meeting the need to belong to a social group and recognition; the ability to move away from reality); modern man in an information-rich environment).

Conclusion

The conducted theoretical and empirical study of this phenomenon allows us to conclude that the problem of Internet addiction of modern youth deserves special attention of scientists because it is developing rapidly and dynamically. Its deepening among student youth, despite all the benefits of mass

computerization of the population, has serious socio-psychological consequences.

Internet addiction is a kind of non-chemical addiction, the expressive manifestations of which are negatively reflected in various spheres of life. Based on the survey, four groups of respondents were identified, which are characterized by varying degrees of Internet dependence. Representatives of student youth, who are included in the groups with the formed Internet addiction and its initial signs, undergo destructive changes in many spheres of life: educational, household, labor and

communicative. Students who made up the third and fourth groups do not have Internet addiction, which is reflected in all areas of their lives by the absence of destructive changes. The solution to the problem of Internet addiction by creating recommendations for its prevention and reducing the degree of addiction remains relevant.

Therefore, further research is needed to examine in more detail the extent to which specific Internet actions can affect the development of Internet addiction and the associated consequences.

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Резюме

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ИЗУЧЕНИЕ ИНТЕРНЕТ-ЗАВИСИМОСТИ МОЛОДЕЖИ

В статье представлены результаты теоретического и эмпирического исследования интернет зависимости студенческой молодежи. Проанализирована научная литература по проведению онлайн тестирования и указано на возможные сложности и преимущества в работе. Определены виды и особенности Интернет-зависимости, факторы, и последствия Интернет-аддикции молодежи. Проведено эмпирическое исследование с целью выявления неконтролируемого использования Интернета и оценки симптомов аддикции (Young's Internet Addiction Test).

Ключевые слова: Интернет; зависимость; психология Интернету; подростковая зависимость; использование Интернета.

Резюме

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ВИВЧЕННЯ ІНТЕРНЕТ-ЗАЛЕЖНОСТІ МОЛОДІ

Ситуація, що пов'язана зі зривом поширенням інтернет-залежності, є досить проблемною для багатьох країн, у тому числі, і України. В умовах соціально-економічної кризи особистість страждає від дії різноманітних психогенних чинників, що спричиняє пошук альтернативних сфер самореалізації, однією з яких є віртуальна реальність, що створюється в інтернеті.

Метою дослідження є проведення теоретичного аналізу та емпіричне дослідження психологічних факторів інтернет залежності студентської молоді.

Методологічною основою даного дослідження є теоретичний аналіз джерел, які визначають сутність інтернет адикції у молоді. З метою виявлення неконтрольованого користування інтернетом та оцінки симптомів залежності було проведено тест (Young's Internet Addiction Test). Для визначення варіантів дозвілля було використано ситуативну анкету «Твоє дозвілля».

Наукова новизна полягає у визначенні психологічних факторів, які лежать в основі інтернет залежної поведінки особистості. Описано основні теоретичні положення щодо визначення Интернет-залежності. Висвітлено психологічні та фізичні фактори, що характеризують людей, залежних від Интернету: нав'язливе бажання перевіряти електронну пошту, постійне очікування чергового з'єднання з Интернетом, багатогодинне «зависання» в Интернеті і витрачання на це великих грошей, відсутність доступу до нього викликає тривогу, агресію, роздратування під час вимушених відволікань. Встановлено, що адиктивна поведінка негативно впливає на емоційний стан особистості студента та на його соціалізацію. Визначено базові передумови виникнення й основні типи Интернет-залежності згідно з дослідженнями К. Янг. З'ясовано коло потреб, які підлітки задовольняють за допомогою Интернету і яким чином організують своє дозвілля. З'ясовано, що основним механізмом розвитку Интернет-залежності є зміщення мети у віртуальну реальність для заповнення відсутніх сфер життя особистості. В результаті обробки та інтерпретації емпіричних даних виділено чотири групи респондентів з різним ступенем Интернет залежності. Встановлено факт зростання чисельності студентів, що відносяться до групи Интернет-залежних, а відтак зусилля науково-педагогічних працівників повинні бути звернені на профілактику цього явища у молодіжному середовищі.

Результати даного дослідження мають важливе значення для подальших досліджень пов'язаних із проведенням детального аналізу Интернет-залежності у середовищі молоді з метою подальшого окреслення напрямів профілактичної виховної діяльності у студентських групах.

Ключові слова: Интернет; залежність; психологія Интернету; підліткова залежність; використання Интернету.

Recelved/Поступила: 26.01. 21.